

ABSTRAK

KONTRIBUSI *POWER* OTOT LENGAN DAN TUNGKAI TERHADAP HASIL RENANG GAYA DADA 50 METER BINA RENANG SIGER SEMBILAN *SWIMMING LESSONS*

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Penelitian ini bertujuan untuk mengetahui kontribusi *power* otot lengan dan otot tungkai terhadap hasil renang gaya dada 50 meter pada atlet laki-laki bina renang Siger Sembilan *Swimming Lessons*. Metode yang digunakan adalah metode deskriptif kuantitatif dengan pendekatan korelasional. Sampel penelitian berjumlah 40 orang. Instrumen penelitian yang digunakan meliputi tes *two-hand medicine ball throw* untuk mengukur *power* otot lengan, tes *vertical jump* untuk mengukur *power* otot tungkai dan tes renang gaya dada 50 meter menggunakan *stopwatch*. Hipotesis penelitian: 1) ada kontribusi *power* otot lengan terhadap hasil renang gaya dada 50 meter, 2) ada kontribusi *power* otot tungkai terhadap hasil renang gaya dada 50 meter, 3) ada kontribusi *power* otot lengan dan otot tungkai terhadap hasil renang gaya dada 50 meter. Hasil penelitian menunjukkan bahwa: 1) terdapat kontribusi yang signifikan antara *power* otot lengan terhadap renang gaya dada 50 meter ($r_{\text{hitung}} = 0,343 > r_{\text{tabel}} = 0,320$) dengan kontribusi sebesar 11,81%. Jadi, variabel *power* otot lengan terhadap renang gaya dada 50 meter secara bersama-sama memberikan sumbangan relatif sebesar 26,82% dan sumbangan efektif sebesar 7% 2) terdapat kontribusi yang signifikan antara *power* otot tungkai terhadap renang gaya dada 50 meter ($r_{\text{hitung}} = 0,556 > r_{\text{tabel}} = 0,320$) dengan kontribusi sebesar 30,94%. Jadi, variabel *power* otot tungkai terhadap renang gaya dada 50 meter secara bersama-sama memberikan sumbangan relatif sebesar 73,17% dan sumbangan efektif sebesar 19% 3) Secara simultan, kontribusi *power* otot lengan dan *power* otot tungkai terhadap renang gaya dada 50 meter ($r_{\text{hitung}} = 0,508 > r_{\text{tabel}} = 0,320$) dan kontribusi sebesar 25,48%.

Kata kunci : *power* otot lengan, *power* otot tungkai, renang.

ABSTRACT

THE CONTRIBUTION OF ARM AND LEG MUSCLE POWER TO 50-METER BREASTSTROKE SWIMMING PERFORMANCE AT BINA RENANG SIGER SEMBILAN SWIMMING LESSONS

By

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This study aims to determine the contribution of arm muscle power and leg muscle power to the 50-meter breaststroke swimming performance in male athletes of Siger Sembilan Swimming Lessons. The method used is a quantitative descriptive method with a correlational approach. The research sample consisted of 40 participants. The research instruments used include the two-hand medicine ball throw test to measure arm muscle power, the vertical jump test to measure leg muscle power, and the 50-meter breaststroke swimming test using a stopwatch. Research hypotheses: 1) there is a contribution of arm muscle power to the 50-meter breaststroke swimming performance, 2) there is a contribution of leg muscle power to the 50-meter breaststroke swimming performance, 3) there is a contribution of both arm and leg muscle power to the 50-meter breaststroke swimming performance. The research results showed that: 1) there is a significant contribution of arm muscle power to the 50-meter breaststroke ($r_{\text{calculated}} = 0.343 > r_{\text{table}} = 0.320$) with a contribution of 11.81%. Thus, the variable of arm muscle power to the 50-meter breaststroke together gives a relative contribution of 26.82% and an effective contribution of 7%. 2) there is a significant contribution of leg muscle power to the 50-meter breaststroke ($r_{\text{calculated}} = 0.556 > r_{\text{table}} = 0.320$) with a contribution of 30.94%. Thus, the variable of leg muscle power to the 50-meter breaststroke together gives a relative contribution of 73.17% and an effective contribution of 19%. 3) Simultaneously, the contribution of arm muscle power and leg muscle power to the 50m breaststroke ($r_{\text{calculated}} = 0.508 > r_{\text{table}} = 0.320$) is 25.48%.

Keywords: *arm muscle power, leg muscle power, swimming.*